

MINUTES OF THE COMMISSION ON AGING

TUESDAY, DECEMBER 9, 2008

BARTLETT SENIOR CITIZENS CENTER

1. CALL TO ORDER

The meeting was called to order by Commissioner Craft at 9:30 a.m.

2. ROLL CALL

Present: Callen, Cardella, Griffith and Craft

Absent: Thomas

Staff: Wand

3. FLAG SALUTE

Commissioner Callen led the Pledge of Allegiance.

INSPIRATIONAL

Commissioner Griffith provided the inspiration:

"A smile is a curve that sets everything straight."

Phyllis Diller

"Sometimes we're so concerned about giving our children what we never had growing up, we neglect to give them what we did have growing up."

James Dobson

"The most important trip you may take in life is meeting people halfway."

Henry Boye

4. ACCEPT AND FILE AFFIDAVIT OF AGENDA POSTING

MOTION: Commissioner Callen moved, Commissioner Griffith seconded, to accept and file the Affidavit of Agenda Posting for its meeting of December 9, 2008. The motion carried unanimously.

5. APPROVAL OF MINUTES

MOTION: Commissioner Griffith moved, Commissioner Cardella seconded, to approve the minutes of the Commission on Aging meeting of November 18, 2008. The motion carried unanimously.

6. INTRODUCTION OF GUESTS

- Lynda Kraemer
- Vicky Hershberger, Torrance Memorial Medical Center
- Phil Ross, Torrance Public Library

7. SENIOR CITIZENS CONCERNS

A. City Council

Commissioner Griffith reported on various items recently discussed at City Council meetings, including a tree planting project at Torrance Elementary School. She also indicated that she had recently had a discussion with the Community Development Department staff about the City's Strategic Plan, noting that the seniors are not specifically mentioned. Commissioner Griffith announced, with sadness, the passing of Councilwoman Rhilinger's aunt.

B. Housing

Commissioner Callen reported that the building of the proposed Sunrise development (corner of Hawthorne and Rolling Hills Road) has been suspended due to lack of financing. The impact of the poor economy on the housing market was discussed.

Commissioner Cardella discussed development on the former Daily Breeze site.

C. Health

Commissioner Griffith reported on the positive effects of happiness in relation to health. She read the following poem by Sidney Hall Jr.

Something About the Wind

"There's something about the wind coming off the ocean, the waves washing the rocks that makes a person who is quickly annoyed by cigarette smoke and men putting nails into roofs forgetful and unconcerned. If you are easily disturbed you need to get an ocean."

Commissioner Griffith discussed the importance of having routine mammograms.

Commissioner Callen indicated that the vaccine for shingles is now readily available.

Commissioner Craft noted that Kaiser Permanente is aggressively dealing with osteoporosis awareness and is strongly encouraging bone density testing.

D. Transportation

No report.

E. Cable

Commissioner Callen reported on currently airing and upcoming segments:

- Flu vaccination clinic held on November 3, 2008
- Osteoporosis Symptoms/Screening/Treatment
- Holiday Festival sponsored by Las Amigas/Torrance Memorial Medical Center Foundation – “Senior Citizens Day”

F. Focal Point Program

Commissioner Cardella reported Focal Point Statistics for the month of November.

- Total number of calls received – 111
- Total number of documented calls – 34
- Miscellaneous calls – 77
- Total number of walk-ins – 18
- Total number of call-backs – 14

Of the 34 documented calls,

- 26.5% were in regard to Housing
- 20.5% were in regard to In-Home Services
- 12% were questions about Legal issues

Focal Point volunteers participated in one Health Fair in November.

Various discounts for senior citizens were discussed.

G. Elder Abuse/Fraud

Commissioner Craft discussed the prevalence of financial abuse, often taking place within families.

8. ORALS/ANNOUNCEMENTS

Commissioner Callen indicated that he was pleased to see the “Open Sundays” promotional banner at the Katy Geissert Civic Center Library.

Guest Phil Ross updated the Commission on the current remodeling of the Katy Geissert Civic Center Library and the upcoming remodeling of the Southeast Torrance Library. He also announced special holiday programs.

Guest Vicky Hersberger distributed materials from the recently held health education lecture, “Healthy Aging – Strategies for Living Longer and Well.” She also discussed the many ‘Miracle of Living’ series dvds available for check-out. She distributed the current ‘For Your Advantage’ newsletter and other Health Links information.

9. ADJOURNMENT TO NEXT MEETING

The Meeting was adjourned at 10:55 a.m. to the next meeting of Tuesday, January 13, 2009 at 9:30 a.m. in the Holster Conference at Bartlett Center.

Approved as Submitted January 13, 2009 s/ Sue Herbers, City Clerk
